

# ALASKA POST

Home of the Arctic Warriors

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Fort Wainwright, Alaska

September 14, 2012



## Real-world Soldiers outshine, inspire reality television afficianados

Sgt. Thomas Duval,  
1-25th SBCT PAO

The image of the Army infantryman in films and TV often falls into stereotype filled with loud explosions, lots of yelling, and kicking in doors.

The Soldiers of 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division understand that while power, aggression and overwhelming force are necessary to accomplish some missions, others require adaptability, finesse and surreptitiousness.

With this knowledge and understanding, 18 battle-tested infantrymen with the 1-24th endured a weeklong test of their physical and mental capabilities here to become part of an elite team known throughout the infantry community as a scout platoon.

“The scout platoon has a completely different mission than any other line platoon,” 1st Lt. Daniel Newell, scout platoon leader for 1-24th said. “The scout

See **SOLDIERS** on page 8



Pvt. Peyton Simien, an infantryman with the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division plots grid coordinates at Fort Wainwright, during a land navigation course as part of an Army scout tryout held here, Sept. 5. (Photo by Sgt. Thomas Duval/1-25th SBCT Public Affairs)

## Are you prepared for an emergency?

Trish Muntean,  
Fort Wainwright PAO

The world as we know it can change without notice and turn lives upside down.

September is National Preparedness Month, which is sponsored by the Federal Emergency Management

Agency. Its purpose is to encourage Americans to take simple steps to prepare for emergencies wherever they may happen, in their homes, businesses and communities.

Most people don't think about emergencies or disasters until they happen to someone they know. Or if they do think about

them, they have not prepared for them. A study done by FEMA five years ago found that:

Just 57 percent of Americans surveyed report having supplies set aside in their homes just for disasters.

Less than half, 44 percent, have a household emergency plan. Just over one-third of those

surveyed had received first aid training in the prior two years and only one-fourth attended a meeting on how to prepare.

Almost one-third of survey participants who had not prepared have not done so because they believe fire, police and emergency personnel would help them.

One-fourth said they did not have the time to prepare.

One-fourth said they did not know what to do to prepare.

Nearly one-third are not familiar with their community's alerts and warning systems.

While 42 percent say they have conducted a workplace evacuation drill, only 14 percent have practiced evacuating their home.

In a disaster, 70 percent expect to rely on household members and nearly 50 expect to rely on people in the neighborhood.

When Katrina struck New Orleans it was days before emergency responders were able to get to some areas. Here in Alaska, residents face the possibility of natural disasters (earthquakes, floods and wildland fires) as well as man-made disasters such as transportation accidents involving hazardous materials and potential terrorist acts. A power outage during winter months can result in a life and death situation if people are not prepared. If a major disaster struck your neighborhood, would you be ready?

It is not a matter of if an emergency will happen, it is a matter of when. One of the steps we must take to prepare is to educate ourselves. There are many online resources available for that purpose to include [www.fema.gov](http://www.fema.gov), [www.ready.gov](http://www.ready.gov), [www.redcross.org](http://www.redcross.org) and the Army's site: [www.ready.army.mil](http://www.ready.army.mil).

People should also be ready to take care of themselves if help is delayed. The local chapter of the American Red Cross offers basic first aid and CPR classes

See **EMERGENCY** on page 8



An arctic storm producing winds gusting to more than 100 miles per hour, caused extensive damage Sept. 4 and 5, including knocking down street signs and trees on Joint Base Elmendorf-Richardson, Alaska. Emergency personnel's first priority after the storm was clearing streets for safe traffic flow. Army and Air Force personnel and military Families stayed updated via JBER's social media sites. (Photo by Staff Sgt. Robert Barnett/JBER PAO)

### WEEKEND WEATHER



**Friday**  
Mostly cloudy  
Highs: mid-50s  
Lows around 30



**Saturday**  
Mostly cloudy  
Highs in the mid-50s to lower 60s  
Lows around 40



**Sunday**  
Mostly cloudy  
Highs in the mid-50s to lower 60s  
Lows around 40

### Employee incentive applications

IMCOM civilian employees at forts Wainwright and Richardson (Joint Base Elmendorf-Richardson) may apply for incentive programs: Voluntary Early Retirement Authority and Voluntary Early Separation through Tuesday. Details available through the civilian portal on [www.wainwright.army.mil](http://www.wainwright.army.mil).

### BRIEFS

#### Welcome to Winter Wednesday

The challenges of outdoor living –work and leisure – can be entertaining for TV viewers, more so for Soldiers, Families and civilian employees who experience it. Learn how to make the most of outdoor life in Alaska at the free, Welcome to Winter presentation Wednesday at 6 p.m. in the Last Frontier Community Activity Center. The seminar is offered by Army Community Services Relocation Services program manager and the Garrison Safety Office, real-life, subject-matter-experts.

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SN/ BIRCHWOOD HOMES

Medical Department Activity - Alaska

To protect your child’s health, get the skinny on obesity

Col. Dennis LeMaster, MEDDAC-Alaska commander

September is National Childhood Obesity Awareness Month, a time for us as parents, and a community, to focus on the health of our children. Even though media has been covering this topic regularly for the past few years, the number of overweight and obese children continues to rise. According to the Centers for Disease Control and Prevention, childhood obesity has tripled in the past 30 years, leaving more than one

in three children overweight or obese. The concept of being overweight is easy enough to understand, but what exactly does it mean to be obese? Obese is defined as being at least 20 percent over an individual’s ideal body weight for his or her specific height, gender and age. While many believe children will simply “grow out of it” as they age, the fact is about half of overweight kids go on to become obese adults. In childhood, excess calories are converted into new fat cells, while excess calories consumed in adulthood only expand existing fat

cells. Since dieting and exercise can only reduce the size of fat cells, not eliminate them, children who were obese can have greater difficulty losing weight as they age, as they can have up to five times as many fat cells as someone who became overweight as an adult. Being overweight or obese as a child has long-term health effects that should not be ignored. Children and adolescents who are obese are more at risk for adult health problems such as heart disease, type 2 diabetes, stroke, cancer and osteoarthritis.

There are three major steps parents can take to help their children maintain or achieve a healthy weight. First, know your child’s weight status. Parents should initiate a conversation with their child’s primary care provider about where they are on growth charts and if there is a need for concern. Secondly, start early by creating healthy eating and exercising habits. Research shows that it may take up to 10 times before a child will accept a new food. So, just because they throw the peas off their plate once doesn’t mean to forgo them in the fu-

ture. It is much more difficult to reverse bad habits in adolescents than it is to instill good habits in a toddler. Lastly, and most importantly, create a healthy environment by setting a good example. Limit exposure to unhealthy foods and drinks, especially in the home. Keep fresh fruit or other healthy snacks within reach and set a good example by making those choices yourself. As a family, choose to be active. Instead of family movie night, take a walk to the local park. The more your children see you making healthy choices the easier



Col. Dennis LeMaster MEDDAC-AK commander

it will be for them. Remember, we are here and ready to assist if you have any questions. We are committed to ensuring the health of the entire community, so do not hesitate to call or come by if you need us. More information is available online at [www.alaska.amedd.army.mil](http://www.alaska.amedd.army.mil).

Surgical technicians vital to surgery success

Brandy Ostanik, Medical Department Activity-Alaska Public Affairs

It’s been shown thousands of times in movies. The surgeon stands over a patient focused on the surgery being performed. The surgeon sticks out a gloved hand and without looking up asks for scissors, forceps or suction. Across from the surgeon an unknown medical assistant picks up the instrument being called for and efficiently places it in the surgeon’s outreached hand. The surgeon often gets the credit for performing a successful surgery, but without that second, unknown assistant there would be a lot fewer successful outcomes for patients going through surgery. Those second, unknown assistants are surgical technologists, or surgical techs, and how well they perform their job is crucial to the team effort it requires to perform a successful surgery. Bassett Army Community Hospital is celebrating National Surgical Technologist week September 16 through 22 and the often overlooked work performed daily by these dedicated professionals. “A good surgical tech is worth their weight in gold,” said Maj. Charlene Wilson, the chief of the perioperative surgery section at BACH. The role of the surgical tech

goes well beyond handing instruments to a surgeon during surgery, said Wilson. In fact, their work starts long before a surgery ever begins. First and foremost, surgical techs at BACH are in charge of the sterilization process for the entire hospital. They ensure instruments are sterile and therefore safe to be used in the surgical room. In preparation of a patient having surgery, techs prepare the sterile field using sterile technique in a room, set up and inventory surgical instruments, assemble surgical equipment and make sure equipment is working properly. Their skillful pre-surgery preparations protect patients from surgical site infections, malfunctioning equipment and unneeded delays during procedures. There are, on average, seven surgeries a day completed at BACH and each of those surgeries can require between 30 and 125 instruments. Techs not only learn what instruments are used during each particular surgery, but a good tech knows the order those instruments will be used, said Wilson. According to Wilson, during surgery techs need to be able to anticipate what a surgeon needs before it’s even asked for. Techs become mind-readers on a regular basis. “When a doctor calls for a



Spc. Joshua Emmick, a surgical technician at Bassett Army Community Hospital prepares a medication to be administered by surgeon, Maj. Danielle Holt, during a recent surgery. National Surgical Technologist Week is September 16 through 22. (Brandy Ostanik/MEDDAC-AK PAO)

cat’s claw, which is jargon for a Gorney Rake, a hand-held retractor, the tech needs to know what the doctor is actually asking for,” said Wilson. “Additionally, every doctor has different preferences and techs need to learn them fast in order for surgeries to go quickly and smoothly for a patient.” On the completion of a sur-

gery, techs are responsible for performing a count on sponges and other supplies with another member of the surgical team to assure nothing remains inside the patient, ensuring the safety of the patient. The 11 surgical techs currently at BACH are all military personnel; diligent pro-

fessionals whose main focus is a smooth, safe surgical experience for patients. “The surgical techs are always important, but during National Surgical Technician Week we want to thank them,” said Wilson. “We want our patients to know these techs are an important piece of their healthcare surgical team.”

Clean out the medicine cabinet and mark your calendar for National Prescription Take-back Days

Cheryl Adamson, Employee Assistance Program

The Army Substance Abuse Program is teaming up with the Directorate of Emergency Services and the Drug Enforcement Agency at the Exchange for the fourth National Prescription Take-Back Event. This time we will be accepting medications twice during the week - Sept. 27 from 11 to 12:30 p.m and Saturday, Sept. 29 from 11 a.m. to 2 p.m. in the main Exchange food court area. This is an opportunity for individuals with unwanted, unused and expired prescription drugs to safely dispose of them. The National Prescription Take-Back events have two purposes: to highlight the problems related to prescription drug abuse and to give people an opportunity to contribute to the solution by safely disposing of their pharmaceutical drugs. Last April, Ameri-

cans turned in a record-breaking 552,161 pounds (that’s 276 tons) of unwanted or expired medications for safe and proper disposal at the 5,659 take-back sites around the 50 states and U.S. territories. Thus far, there have been four Take-Back Days and the results are a monumental 1.5 million pounds (that’s 774 tons) of medication have been collected. This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high. More Americans currently abuse prescription drugs than cocaine, hallucinogens and heroin combined according to the 2010 National Survey on Drug Use and Health. Furthermore, studies show that a majority of abused prescription drugs are obtained from family and friends, including from home

medicine cabinets. Every year thousands of Americans die from drug overdoses. Some of these deaths are intentional and considered suicide, but many others are from accidental overdoses or adverse drug interactions. The vast majority of lives are claimed by painkillers, sedatives and stimulants, and they all share a common characteristic - they promote abuse, dependence and addiction. Never give your medications to friends. Drugs are prescribed based on a person’s specific symptoms and medical history. A drug that works for you could be dangerous for someone else. For the first time in nearly a century, automobile accidents are no longer the nation’s leading cause of accidental deaths. The new number one killer is pills prescribed by doctors, approved by the government, manufactured by pharmaceutical companies, and sold to the consumer. Medicines play an

important role in treating many conditions and diseases, but when they are no longer needed it’s important to dispose of them properly. Recognizing that prescription drugs are a

killer of American citizens, the Drug Enforcement Administration launched the Annual National Prescription Take-Back Event scheduled to occur twice a year at about April and October.

Fort Wainwright is dedicated to participating in this semi-annual event and helping to reduce the risk of poisoning or death from unwanted, unused, or expired prescription drugs.

# ALASKA POST

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The ALASKA POST – Home of the Arctic Warriors

Leaders must emphasize resiliency and suicide prevention

**Maj. Gen. Michael X. Garrett**  
U.S. Army Alaska commanding general

The Army has designated September as Suicide Prevention Month in order to emphasize awareness, promote resiliency, and increase the recognition of suicide risk factors and training that targets suicide prevention and intervention. US Army Alaska will have our own Suicide Stand Down Day on September 27.

My goal is to minimize suicidal behavior among our Soldiers. Many suicides, if not all, are preventable if the at-risk Soldier's buddies, leaders and Family members are vigilant and involved. But we all need to appreciate the importance of the warning signs and the

danger they represent. If we all know how and when to intervene, I believe we can prevent any suicide from again affecting our command.

Being Arctic Tough includes having mental, emotional, physical and spiritual strength. I believe spirituality allows Soldiers to look outside themselves for a sense of purpose and provides resiliency when overcoming challenges. In my experience, belonging to a group of spiritually like-minded people can provide critical support to Soldiers who are dealing with crisis.

The care and welfare of each Soldier in our formation is important. It's every Soldier's responsibility to be looking left, right, up and down for signs of those who are at risk and it's



**Maj. Gen. Michael X. Garrett**  
U.S. Army Alaska  
commanding general

every leader's responsibility to know their troops in a more personal way and be aware of what is going on in their lives.

If a Soldier needs help, he must know that his request will receive his leadership's attention and be seen as a sign of strength instead of a character flaw. The Army has learned that earlier treatment leads to a faster recovery. We must ensure that timely care is available to those who are exhibiting warning signs and that they get help as early as possible.

Suicide prevention is everyone's responsibility. Know the signs and know what to do when you see someone at risk. When a Soldier is experiencing problems that warrant intervention, leaders must not hesitate in referring him or her to the chaplain or behavioral health. We must all work to change any negative attitudes or beliefs that seeking help is a

sign of weakness. Such stigmas are a barrier between at-risk Soldiers and the preventive, stabilizing care they need. We must all recognize that asking for help exhibits courage and that even the strongest must turn to others in a time of personal crisis. No one should feel he or she must endure pain alone.

We as leaders must be vigilant and approachable in order to be part of the solution. Commanders have many resources available to them to help educate our Soldiers and their Families about anxiety, stress, depression and treatment. They can increase the visibility of behavioral health re-

**See PREVENTION on page 4**

Stay ready, stay strong: Flu vaccines available soon

**J.D. Leipold,**  
Army News Service

The Army has ordered nearly 2 million doses of vaccine to immunize all Soldiers, their Families, civilian employees and retirees for the upcoming flu season.

The vaccinations will be available at most installations in October, but each medical facility will set its own schedule for distribution.

Seasonal influenza can start as early as October and run as late as May, but it generally peaks between January and March, according to the Centers for Disease Control and Prevention. The CDC cautions that new flu viruses can appear which could lengthen the season -- though that's not expected for 2012-2013.

The Army expects to have 90 percent of the force vaccinated by Dec. 17, according to Col. Richard Looney, director of the Army Military Vaccination Program. He said vaccinations would be available at installations as soon as it's received and until the supply runs out or expires.

"Regardless of previous vaccination history, routine annual influenza vaccination is recommended for all persons age 6 months and older," Looney said. "Several studies have demonstrated that post-vaccination immunity declines over the course of a year, thus, annual vaccination is recommended for optimal protection against influenza."

Looney said about two-thirds of the Army's order for 2012 consists of vaccine

that's given through intramuscular injection and the remaining third of the order is the type administered via nasal spray.

The dominant influenza strain for the upcoming flu season remains the H1N1 strain from 2009, Looney said, adding that due to outstanding efforts and immunization campaigns of the past few years, people are more aware and likely to be adequately protected during the height of flu season.

Immunization rates climb every year, and Looney said he sees no reason why that trend won't continue. An annual average of 25 million reported cases, 36,000 deaths and 226,000 hospitalizations occur each year in the U.S. due to influenza infections.

"Immunization is the

very best protection against disease and related complications," Looney said. "Vaccines are safe and effective, and have saved more lives than any other medical measure in history."

People who should not be vaccinated against the flu without first consulting their physicians include:

- People with severe allergies to chicken eggs
- People who have previously suffered severe reactions to influenza vaccinations
- People with a history of Guillain-Barre syndrome
- Children younger than 6 months-old
- People acutely ill with fevers -- those with a mild, common cold and a low-grade fever do not have to wait to be vaccinated.

**See VACCINES page 4**



Syringes are laid out in preparation for flu shots at a forward operating base. Military and civilian personnel receive flu shots so they can maintain a constant state of readiness and combat effectiveness. (File photo/ Joint Combat Camera)

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20-mile ruck march



Apache Company Soldiers from the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, stepped off on a 20-mile foot march that would see them travel across Fort Wainwright, ascend 1,000 feet up Birch Hill, and turn around to march back to their start point, loaded with 35 pounds of gear, a rifle, and enough water to keep them hydrated for two days of operations. It is the culmination of months of physical conditioning, mental toughening and discipline-oriented training, Aug. 24. Story is available online: [www.dvidshub.net/news/93950/bobcat-soldiers-march-new-heights](http://www.dvidshub.net/news/93950/bobcat-soldiers-march-new-heights). (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

2012 Combined Federal Campaign

Fort Wainwright’s 2012 Combined Federal Campaign begins Monday. CFC key workers are available within the units to assist Soldiers and civilian personnel with information and forms. The CFC has been around for over four decades. Each year, tens of thousands of charities apply to participate. Only those that meet strict standards of eligibility are admitted. Over the years, Federal employees have donated billions of dollars to eligible groups. In communities across the country and overseas, Federal volunteers supervise the CFC, ensuring the smooth and efficient operation of this worldwide philanthropic effort. In every possible way, the Combined Federal Campaign belongs to the Federal employee. For more information, call 353-7633 or visit the website: [www.cfctoday.org](http://www.cfctoday.org).

Prevention: Gen. Garrett shares wisdom about suicide

Continued from page 3

sources in the workplace. They can also reinforce the proven effectiveness of the battle buddy system and that we never have to face hardship alone. Recently, I welcomed newly arrived Soldiers to Alaska at a Newcomers’ Brief. I made a point to tell those troops how important suicide intervention is to me and asked them if they knew what the acronym ACE (Ask, Care and Escort) stood for. By the low number of hands that were raised it is clear that we still have a lot of training to do. Every Soldier should know

what to do if he suspects his buddy is at risk. This is one of my priorities and I expect it to be one of yours. Once a Soldier is receiving help, leaders must support the confidentiality between that Soldier and his behavioral health-care provider. Leaders should also review their policies and procedures to ensure there is nothing there that could preclude their troops from receiving all the assistance necessary. The Suicide Stand Down Day on September 27 aims to increase leader-led communications, unit cohesion, leader focus on issues impacting resilience and comprehensive fitness, awareness of available resour-

es, and reduce the stigma attached to seeking help. I look forward to seeing each one of you for an early morning Resiliency Run to kick-off this important day. As always, I am tremendously proud to be your commander. I learn more every day about the great efforts you all put into accomplishing your assigned missions and I am grateful for the opportunity to lead you. I encourage you to continue giving your best each and every day to U.S. Army Alaska and I promise to do the same. You all are the strength of our nation and the reason I wake up every day fired-up to find more ways to serve you. Arctic Warriors! Arctic Tough!

Vaccines: Flu

Continued from page 3

Vaccination is especially important for the following, in order to decrease the risk of illness:

- Pregnant women
- Children younger than age 5 and especially children under age 2
- People 65 years of age and older
- Alaska Natives and American Indians
- People of any age with certain chronic medical conditions
- People who are morbidly obese
- People who live in nursing homes

Flu vaccinations will be available at no cost to beneficiaries from any Tricare-authorized provider or at any participating pharmacies. For Bassett Army Community Hospital information, call 361-5456 or go online to [www.alaska.amedd.army.mil](http://www.alaska.amedd.army.mil).

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Replacement refs get the job done - That’s what I’m talking about

Allen Shaw, Fort Wainwright PAO

Due to a lingering contract standoff with regular referees, the National Football League regular season games opened with replacement officials and many players admitted they weren’t so bad.

Earlier in the week the NFL Players Association reportedly sent a note to the league demanding the return of the regular refs, citing safety concerns. After Sunday’s games, although the league declined to comment, it was reported by the New York Daily News that a spokesman for the NFL said, “We have seen no evidence that player safety has been compromised in any way.” It was also reported that there was little evidence of ineffectiveness from the replacements. Frankly, I couldn’t tell.

The only thing that really drew some attention was at the Detroit Lions 27-23 victory over the St. Louis Rams. Shannon Eastin became the first woman to officiate an NFL regular season game. The

16-year veteran who has called Mid-Eastern Athletic Conference college games, worked as line-judge. Her job included separating players as shoving, pushing and shouting broke out following the final play. In that contest, the Lions rallied late in the game as quarterback Mathew Stafford orchestrated a nine-play, 50-yard drive with a five-yard touchdown pass to Kevin Smith with 10-seconds left on the clock, for the win.

Chicago Bear quarterback Jay Cutler and the offense hit on all cylinders to spoil the regular season debut of Colts QB and first-round draft pick, Andrew Luck, making him look like someone trying to play his first NFL game. While Cutler passed for 333 yards, two touchdowns and one interception, Luck completed only 23 of 45 passes for 309 yards, one TD and threw three interceptions.

The Philadelphia Eagles came from behind late in the game to screech past the Cleveland Browns, 17-16. Eagle running back LeSean McCoy carried the

ball 20 times for 110 yards but never made it to the end zone.

The Houston Texans corralled the Miami Dolphins, 30-10, the Atlanta Falcons flew past the Kansas City Chiefs, 40-24 and the Minnesota Vikings tamed the Jacksonville Jaguars, 26-23. Viking running back Adrian Peterson returned to the gridiron after a devastating knee injury Christmas Eve (2011). Peterson packed the pumpkin 17 times for 84 yards and two touchdowns.

Former Heisman Trophy winner and Washington Redskins Robert Griffin III, known as RG3, executed a solid game against the New Orleans Saints to claim a 40-32 victory. Griffin completed 19 of 26 passes for 320 yards and two TDs, with no interceptions. Saint QB Drew Brees was picked twice, but totaled 339 yards in the air, throwing for three touchdowns.

The New York Jets set a franchise record for points scored in a season-opener flying past the Buffalo Bills, 48-28.

The Arizona Cardinals

hung on to beat the Seattle Seahawks, 20-16. Although the Hawks had several opportunities to win the game in the closing minutes, the Cards D held them off. Kevin Kolb, Arizona’s number two QB relieved starter John Skelton, who injured his ankle in the fourth quarter. Kolb led a Cardinal drive, completing six of eight passes for 66 yards and what would become the game-winning touchdown.

History was tied during the match-up between the San Francisco Forty-Niners and the Green Bay Packers when Niner kicker David Akers blasted a 63-yard field goal as the first half expired. Although it was a solid performance by both teams, San Francisco came away with a 30-22 win.

The Tampa Bay Buccaneers beat the Carolina Panthers 16-10 and the Denver Broncos stampeded to victory on the back of newly acquired QB Peyton Manning, tromping the Pittsburgh Steelers, 31-19. Manning, who missed last sea-

son with the Indianapolis Colts because of an injury, came back strong at Mile High Stadium, completing 19 of 26 passes for 253 yards and two touchdowns.








In the Monday night matchups, the Baltimore Raven offense ripped apart the Cincinnati Bengals defense like a bag of trash in the back of a pickup truck. Raven QB, Joe Flacco completed 21 of 29 passes for 299yards and two touchdowns. The score was 44-13. (Ravens – trash in pickup truck – NICE)

To close out the week, the San Diego Chargers beat an extremely sloppy Oakland Raider team, 22-14.

As for the post pigskin-picking prognosticators, Browbrose Salsa jumped in front of the pack with 12-wins, while Brain and Bear each have 11. A-Team, Jones Bros and Tate have 10 and team Urbi posted eight.

We’ve got one week under our belts, the stage is set, we’re off and running, but there’s a lot of football to be played before a champion is determined and that’s what I’m talking about.

Prognosticators – football predictions for fun and braggin’ rights

						
<b>A-Team</b>	<b>Brain</b>	<b>Browbrose Salsa</b>	<b>Bear</b>	<b>Urbi</b>	<b>Jones Bros</b>	<b>Tate</b>
10 wins/6 losses	11 wins/5 losses	12 wins/4 losses	11 wins/5 losses	8 wins/8 losses	10 wins/6 losses	10 wins/6 losses
CHI at GB	CHI at GB	CHI at GB	CHI at GB	CHI at GB	CHI at GB	CHI at GB
TB at NYG	TB at NYG	TB at NYG	TB at NYG	TB at NYG	TB at NYG	TB at NYG
OAK at MIA	OAK at MIA	OAK at MIA	OAK at MIA	OAK at MIA	OAK at MIA	OAK at MIA
HOU at JAC	HOU at JAC	HOU at JAC	HOU at JAC	HOU at JAC	HOU at JAC	HOU at JAC
CLE at CIN	CLE at CIN	CLE at CIN	CLE at CIN	CLE at CIN	CLE at CIN	CLE at CIN
KC at BUF	KC at BUF	KC at BUF	KC at BUF	KC at BUF	KC at BUF	KC at BUF
BAL at PHI	BAL at PHI	BAL at PHI	BAL at PHI	BAL at PHI	BAL at PHI	BAL at PHI
NO at CAR	NO at CAR	NO at CAR	NO at CAR	NO at CAR	NO at CAR	NO at CAR
AZ at NE	AZ at NE	AZ at NE	AZ at NE	AZ at NE	AZ at NE	AZ at NE
MIN at IND	MIN at IND	MIN at IND	MIN at IND	MIN at IND	MIN at IND	MIN at IND
WAS at STL	WAS at STL	WAS at STL	WAS at STL	WAS at STL	WAS at STL	WAS at STL
DAL at SEA	DAL at SEA	DAL at SEA	DAL at SEA	DAL at SEA	DAL at SEA	DAL at SEA
NYJ at PIT	NYJ at PIT	NYJ at PIT	NYJ at PIT	NYJ at PIT	NYJ at PIT	NYJ at PIT
TEN at SD	TEN at SD	TEN at SD	TEN at SD	TEN at SD	TEN at SD	TEN at SD
DET at SF	DET at SF	DET at SF	DET at SF	DET at SF	DET at SF	DET at SF
DEN at ATL	DEN at ATL	DEN at ATL	DEN at ATL	DEN at ATL	DEN at ATL	DEN at ATL

Fort Wainwright Mets Interior Alaska’s baseball champs

Allen Shaw, Fort Wainwright PAO

In their first season together as a team, the Fort Wainwright Mets of the Fairbanks Adult Amateur Baseball League battled their closest rivals, the Fairbanks Cubs for the city-wide championship at Arco Field, Sept. 2. When it was all said and done, the Mets took the title after a

tightly contested ballgame that ended, 3-2.

With the game tied 0-0 through six innings, the Cubs bats caught fire, blasted four hits and a sacrifice fly that led to two runs. Mets centerfielder, Joey Ricci said, “They were tough. We beat them four times during the regular season and they beat us three times. The Cubs, who are the defending state champs,

thought they were going to win city, but they didn’t,” he said.

Pitching for both teams kept the bats mostly quiet throughout the game and strong defense kept the scoring to a minimum. “Our pitchers did a great job of keeping their bats down,” said Terrio Richardo, Mets first baseman.

The score stayed the same for two and a half

more innings, when the Mets wood started connecting with the leather. A hard shot from Chris Lee got him on board and a searing grounder to second base by Rich Pulignani drove Lee home. The hitting continued when Ricci came to the plate. He helped Pulignani advance with a hot shot to the infield and put himself in scoring position. Kevin Kearney then hit

a two-run double, giving the Mets a 3-2 lead in the top of the ninth.

Excellent defense closed the game in the final inning, as two out of three batters grounded out. The final batter went down swinging at air and the Mets walked away victorious.

Ricci and Lee both said it was their best game of the season.

When Pulignani was asked how they came up with the Mets moniker, he said, “We knew it was

Linda’s favorite team.”

(Just joking) – he said, “Someone on the team came to the first meeting back in April wearing a Mets hat, so we just decided then, that would be our team name.” The Fairbanks Adult Amateur Baseball League season began May 4.

For more information on the FAABL visit [www.alaskabaseball.org](http://www.alaskabaseball.org) or to learn more about the Fort Wainwright Mets, call Rich Pulignani at 353-7223.



In their first season as a team, the Fort Wainwright Mets (bottom, left to right) Angel Diaz, Ricky Terrio, Rich Pulignani and Joey Ricci; (top, left to right) Kevin Kearney, Matt Hinds, Jeff Nessman, Shane Romero and Larry Ochoa battled back from a two run deficit in the top of the ninth inning to claim a 3-2 victory and title of champions for the 2012 Fairbanks Adult Amateur Baseball League. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

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Friday - 14th

**EMOTION COACHING**, noon to 12:45 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7713.

**A+ PARENTS- A+ STUDENTS**, 2 p.m., BCTC, Building 3437. Call 361-9377.

**“WE THE KIDS” STORY HOUR AND CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 15th

**PARENTS’ DAY OUT**, 9 a.m. to 1 p.m., Child Development Center I Building 4024. Register by Sept 7. Cost is \$16 per child. Call 353-7713.

**CUDDLE CURE CLASS**, 10 a.m. to noon, Child Development Center I Building 4024. Call 353-7713.

**MAKE IT HOT SALSA COMPETITION**, 1 to 4 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

**PUNT, PASS, AND KICK**, Engineer Park. Call 353-7713.

Sunday - 16th

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday – 17th

**ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday - 18th

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**LADIES SKEET DAY**, 12 to 5 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

Wednesday – 19th

**WELCOME TO WINTER**, 6 to 8 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-4227.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**MULTICULTURAL STORY HOUR**, 4:30 p.m., Post Library, Building 3700. Call 353-2642.

**BOOT CAMP**, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

**NATIONAL CHEESEBURGER DAY**, All Day, Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Thursday – 20th

**ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS**, 9:30 to 11:30 a.m., Last Frontier COMMUNITY ACTIVITY CENTER, Building 1044. Call 353-7372.

**HOUR OF POWER GROUP STRENGTH CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

**BOUNCY HUT NIGHT**, 5 to 7:30 p.m., Last Frontier Community Activity Center, Building 1044. Ages 4-12. Call 353-7755.

**ZUMBA FITNESS CLASS**, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Friday – 21st

**CLEARWATER SALMON**, 10 a.m., Clearwater River Boat Launch. Cost is \$40 adult, \$20 Youth (ages 7-15). Call Outdoor Recreation at 361-6349.

**ELEPHANT APPRECIATION STORY HOUR AND CRAFTS**, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday - 22nd

**CLEARWATER SALMON**, 10 a.m., Clearwater River Boat Launch. Cost is \$40 adult, \$20 Youth (ages 7-15). Call Outdoor Recreation at 361-6349.

**COSMIC BOWLING**, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday - 23rd

**CLEARWATER SALMON**, 10 a.m., Clearwater River Boat Launch. Cost is \$40 adult, \$20 Youth (ages 7-15). Call Outdoor Recreation at 361-6349.

**GOSPEL SERVICES**, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

**PROTESTANT SERVICES**, 10 a.m., Sunday school and 11 a.m., Sunday Protestant worship Northern Lights Chapel, Building 3430. Call 353-9825.

**CATHOLIC SERVICES**, 9:30 a.m. Catholic religious education and 11 a.m. Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

Monday – 24th

**ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS**, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372.

**CLEARWATER SALMON**, 10 a.m., Clearwater River Boat Launch. Cost is \$40 adult, \$20 Youth (ages 7-15). Call Outdoor Recreation at 361-6349.

**GROUP CYCLING CLASS**, noon, Physical Fitness Center, Building 3709. Call 353-7223.

Alaska Natives and Soldiers band together – honor and remember World War II veteran

Trish Muntean,  
Fort Wainwright PAO

One of the Fort Wainwright garrison commander’s responsibilities is government-to-government relations with the federally-recognized tribes of the Upper Tanana River, including consulting with all the local tribes in the Interior.

When World War II veteran Paul Kirsteatter died, said Col. Ron Johnson, Fort Wainwright garrison commander, “I wanted to do something to recognize his service. So I talked to the family and told them since he was a veteran he was entitled to some benefits for his funeral and that sort of thing and asked if they would be interested.”

The family gratefully accepted and planning here began immediately.

However, arranging this sort of tribute for a man who resided at Healy Lake, with a year-round population of less than 20 which is generally only accessible by boat, helicopter or float plane had to be planned like a military operation Johnson said.

“It took some coordination with (U.S. Army Alaska); developed a primary course of action, a

contingency course of action and an emergency course of action.”

“The original plan was to take a couple of riverboats from Family and Morale Welfare and Recreation and local community guys to ferry them to Healy Lake. It’s challenging and a little risky,” he said. “Once we saw teams were too big for boats, we got support from USARAK, from aviation, allowing us to fly everyone in.”

Instead of turning this over to the casualty assistance office, as is usually done, Johnson contacted Col. Brian Reed, commander of the 1st Stryker Brigade Combat Team, 25th Infantry Division, known as the “Arctic Wolves.”

Johnson told Reed that he had a great chance for some Soldiers to experience a part of Alaska that few ever get a chance to see and asked if he had some Soldiers who might appreciate the opportunity. Reed decided to award it to the Soldiers of the Brigade Troops Battalion, and Lt. Col. Michael Braun, commander of the BTB, selected 12 Arctic Wolves he considered worthy. They were accompanied by a musician from the 9th Army Band and flown to the remote village by four members of B Company, 1st Battalion, 52nd Aviation Reg-

iment in a Chinook helicopter.

The celebration of life was beside the lake, near Kirsteatter’s cabin. As part of the ceremony, the band’s bugler played “Taps” and the Soldiers fired a 21-gun salute. A Soldier then presented an American flag to Kirsteatter’s daughter Dorothy.

Following the ceremony, the villagers held potluck dinner in the community hall, where the Soldiers had a chance to interact with Kirsteatter’s family and friends.

“It was really amazing,” said Spc. John Keeling, 73rd Engineer Company, Brigade Troops Battalion, 1-25th SBCT. “I had never done anything like this before; it was my first time and it was special doing this for a veteran - not just for a veteran, but a World War II veteran. It is a pretty big deal to us.

“The community reception has been amazing” he said. “They opened up and it was just nice to hear everybody’s comments and then they made food for everybody. We felt welcome.”

*Editor’s note: The Alaska Post will run a feature story on Paul Kirsteatter, his war service and his life in Alaska next week.*



Thirteen Soldiers from Fort Wainwright (12 from the Brigade Troops Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division and 1 from 9th Army Band) traveled to Healy Lake Aug. 18 to pay tribute to Paul Kirsteatter, a World War II veteran who had died less than a month before his 90th birthday. Paul and his wife Margaret (who passed away in 1998) raised five children together on a subsistence life style in a home with no running water until just a few years ago. There will be a feature story about Kirsteatter in next week’s Alaska Post. (Photos courtesy of Stephanie Winder)

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SOUND OFF

U.S. Army Alaska Soldiers, Families and civilian employees at Fort Wainwright are encouraged to take the USARAK Command Environment (5 minute) Survey. Your input will contribute to the commanding general’s decisions on policy, standards and quality-of-life issues. Take the survey *Http://www.usarak.army.mil/main/survey-ca.cfm* The USARAK inspector general is running this survey through Oct. 21 as part of their special inspection of the command environment. For more information, call 384-3933

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center (DMDC) that allows sponsors, spouses, and their children (18 and older) to access information regarding their personal information, health care eligibility, personnel records, and other information from a centralized location. At *https://www.dmdc.osd.mil/milconnect* you can update your address and/or phone number on your DEERS record by signing into, choosing “My Profile Information” and clicking “Update Address”. Scroll to the bottom and click “Submit” to add or update any of your contact information.

HOLLY DAYS AHEAD

The time to reserve table space for the 30th annual Holly Days Bazaar is now. This is a unique event as all of our vendors sell only handcrafted items. A wide variety of artisans and crafters attend this event every year. There are 92 spaces available and applications will be taken until spaces are filled. The registration is online at *www.wainwrightcsc.org* or on Facebook; look for the 30th annual Holly Days Bazaar. For more information about the bazaar, contact *30thhollydaysbazaar@gmail.com*

ROAD CONSTRUCTION

Crews will close Neely Road between Ninth and Tenth streets to repave. The Tenth-Neely intersection (AAFES gas station) will remain open throughout the work. The 9th-Neely intersection will be closed for the duration of the project. Work is expected to continue through Sept. 16. Motorists are encouraged to use Gaffney Road or Alder Avenue. For more information, call the Directorate of Public Works, 361-4753.

PREVENTIVE MEDICINE

Arctic Health Link offers an online, Self Care Class to enable Army Families to receive over the counter medications from the pharmacy at no charge. Find the link by clicking Arctic Health Link at *www.alaska.amedd.army.mil*. Arctic Health Link aims to decrease medical appointments by providing preventive health education along with community outreach programs. AHL provides the “link” for beneficiaries to other agencies on Fort Wainwright that provide community health resources and education. Arctic Health Link is a part of Preventive Medicine in Building 4077, across the parking lot from Bassett Army Community Hospital. For more information call 361-4148.

THRIFT STORE

For children’s clothes, coats, boots, uniforms, sports and recreational equipment, check the Thrift Store. The Thrift Store is located on the corner of Building 1031 at the corner of 102nd and Chestnut in north post housing. For more information call 356-1211. Applications for the 2013 American Red Cross Dental Assistant Training program are available at the Fort Wainwright Red Cross office. Applicants must be

JOB TRAINING

18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at *www.myarmyonesource.com*. Packages are due by Sep. 28. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year’s Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

SUCCESSFUL STUDENTS

Chart Your Course for Success in High School and Beyond Seminar for parents and their middle and high school students which will focus on a suggested curriculum that will insure both an on-time graduation (despite multiple school transitions) and a competitive resume for college applications. Research indicates that planning for post-high school education needs to begin in middle school. The college application process, admissions portfolios, and financial aid will be addressed. Participants will receive a Chart Your Course kit which includes a planning guide, a calendar outlining college admission and financial aid tasks and an interactive DVD. The free class is offered by the Military Child Military Child Education Coalition, Sept 12. The class is open to parents and their teens. Register at *www.planetreg.com/E72619392408320*

TWO-MINUTE WARNING

All units and organizations on post are required to develop a fire evacuation plan, including assembly area and occupant accountability procedures. Complete evacuation of structure within two minutes. Evacuation plans should include Soldiers and civilians assembly in a designated area for 100 percent accountability of personnel. Questions? Contact your unit safety officer, Fort Wainwright Safety at 353-7079 or Emergency Services at 353-7889.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at *www.myarmyonesource.com*.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

OFFICIAL INFORMATION

Fort Wainwright’s official Facebook page for installation news and events can be found at *www.facebook.com/FortWainwrightPAO*.

ALASKA POST SUBMISSIONS

Submit a photo, place a post event or class on the calendar, send an email to *pao.fwa@us.army.mil* no later than close of business Monday prior to the print week. Please include the name of the event or class, date, time, location and a contact phone number or email. For display advertising contact the Fairbanks Daily News- Miner at 459-7548.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should e-mail the Public Affairs Office at *pao.fwa@us.army.mil* or call 353-6780

NEWS TIP LINE

Call 353-6779.

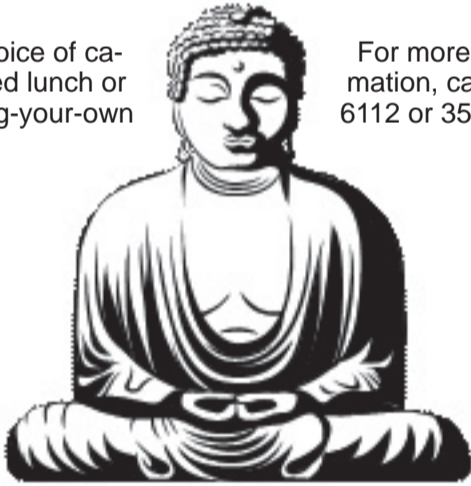
Lunchtime Study of Buddhism

Half-hour DVD presentation, discussion and lunch  
**11:30 a.m. to 1 p.m.**

Weekly sessions beginning Oct. 12  
Last Frontier Community Activity Center  
Facilitator: Chaplain (Maj.) Dwight Broedel,  
deputy garrison chaplain,  
Also known as “Professor Dwight”

Choice of catered lunch or bring-your-own

For more information, call 353-6112 or 353-9825



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*www.wainwright.mil*

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ARE YOU A VICTIM OF OR WITNESS TO SPOUSE ABUSE? CHILD ABUSE?  
CALL 388-2260  
NO NAME REQUIRED

# Soldiers: Scout platoon, silent professionals

Continued from page 1

is the eyes and ears for the commander. No matter who or what rank they are every soldier in a scout platoon must be prepared to lead.”

In combat, it’s the infantry scout’s job to get eyes on the enemy.

Once the enemy has been identified, scouts send up information about the enemy’s size, activity, location, uniform, time of sighting and equipment, in what is known as a SALUTE report.

That information allows commanders to make accurate and sometimes life-saving decisions regarding the mission.

Being a scout is an opportunity very few infantrymen get. A Stryker infantry battalion is home to about 700 Soldiers. Of those, only 24 Soldiers comprise the scout platoon.

The skills that highly trained scouts bring to the fight are invaluable, according to Newell, but he said it’s what the scouts don’t do that make them a truly special asset.

Scouts have historically been known as silent professionals who pride

themselves on their ability to avoid detection and move silently.

“Scouts go out into the woods to hide and observe enemy positions or an enemy’s route for an extended period of time,” Newell said. “You need a certain type of person to be in a scout platoon.”

To ensure each candidate possessed the traits necessary to be a part of the elite team, Newell and a group of his senior noncommissioned officers developed criteria to evaluate each Soldiers’ performance based on basic warrior tasks like land navigation, combat water survival and a 12-mile road march.

Newell said the different categories allowed the leadership to evaluate the soldier’s mental and physical capabilities.

“It’s not just about being physically prepared. As a scout we need mentally capable individuals also,” Newell said. “I would rather take a limited number of guys to make sure we have the right type of soldier rather than taking whatever I could get to fill the slots.”

For infantryman and Fiji native Spc. Penisoni



Soldiers from the 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division march through a wooded area at Fort Wainwright, Alaska, during a land navigation course which was part of an Army scout try out here, Sept. 5. (U.S. Army Photo By: Sgt. Thomas Duval, 1/25 SBCT Public Affairs)



The worn and toughened hands of Spc. Noah Nowell, an infantryman with the 1st Battalion, 24th Infantry Regiment, plot a grid coordinate during a land navigation course which was part of an Army scout try out held here on Sept. 5. (U.S. Army Photo By: Sgt. Thomas Duval, 1/25 SBCT Public Affairs)

Jikoiono, the scout tryouts served as more than just a test of intestinal and mental fortitude, in-

stead it was an opportunity for him to fulfill a lifelong dream.

“I came into the Army because I wanted to be part of something. I wanted to do something different and now I have that opportunity,”

Jikoiono said. “It’s really good training and to make this team is something to be proud of.”

Newell said he’s proud of the Soldiers who took on the challenge.

“I was pretty impressed with the level of motiva-

tion of the guys. They enjoyed themselves and enjoyed the challenge,” Newell said. “For these guys to come in and volunteer to try it out says something about them. It’s definitely something to be proud of.”

## Emergency: Be prepared in advance

Continued from page 1

for adults every other week, skills that serve well in a disaster if help is delayed. They offer other classes as well. For more information and to sign up, call 456-5937.

“Making a plan before it is needed allows people to respond to an emergency, instead of reacting after the fact,” said Russ Ackerman, garrison emergency manager. “Written plans, either carried with you or stored in the sky can also be useful so that if family members are separated during an emergency everyone will know what to do.”

A great deal of anxiety can be caused by not knowing the location of your family members

and if they’re ok.

Most people’s first instinct is to pick up their cell phones and start calling around, but often the system is overloaded by calls. A mass text message sent out to family and friends may be a better option or if access to social media is available, post a single message, letting people know where you are and what your status is (if you’re ok, or if help is needed, etc).

“Preparing in advance could keep an emergency from becoming a disaster for you and your family. When an emergency strikes, knowing what to do can save time, property and lives,” Ackerman said.

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